

TWO RIVERS CONNECTION



SEPTEMBER 2022



World Alzheimer's Awareness Day September 21st, 2022

Currently, more than 6 million Americans are living with Alzheimer's disease or other dementia, and 11 million are serving as their caregivers. Over 120,000 people in Wisconsin are living with Alzheimer's or dementia, and more than 198,000 people care for loved ones with the disease.

Alzheimer's is a degenerative brain disease that is caused by complex brain changes following cell damage. It leads to dementia symptoms that gradually worsen over time. The most common early symptom of Alzheimer's is trouble remembering new information because the disease typically impacts the part of the brain associated with learning first. As Alzheimer's advances, symptoms get more severe and include disorientation, confusion and behavior changes. Eventually, speaking, swallowing and walking become difficult. Though the greatest known risk factor for Alzheimer's is increasing age, the disease is not a normal part of aging. And though most people with Alzheimer's are 65 and older, approximately 200,000 Americans under 65 are living with younger-onset Alzheimer's disease.

If you notice one or more signs in yourself or another person, it can be difficult to know what to do. It's natural to feel uncertain or nervous about discussing these changes with others. Voicing worries about your own health might make them seem more "real" or, you may fear upsetting someone by sharing observations about changes in his or her abilities or behavior. However, these are significant health concerns that should be evaluated by a doctor, and it's important to take action to figure out what's going on. If you need assistance in getting started in the right direction, contact the Aging and Disability Resource Center of Buffalo and Pepin Counties Dementia Care Specialist for resources and support: 715-279-7870.

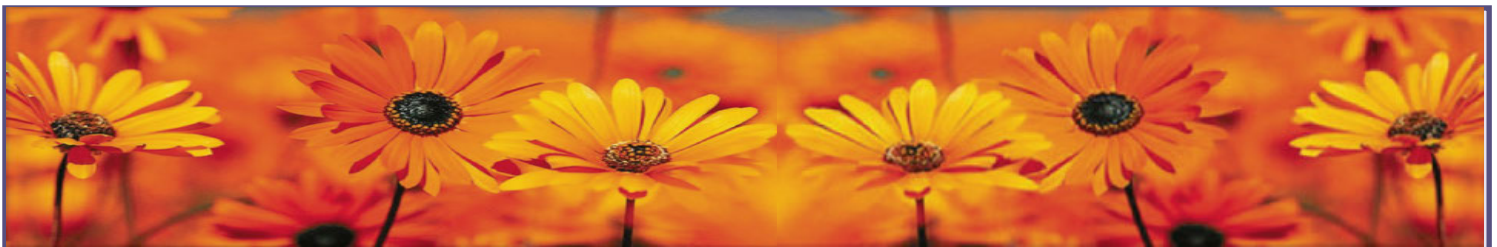
If you would like to participate in the Walk to End Alzheimer's, the closest chapter is out of Eau Claire, and will be held on Saturday September 24, 2022.

Registration starts at 8:30 a.m., Ceremony at 9:40 a.m.
Walk at 10:00 a.m. at the UWEC- Campus Mall
77 Roosevelt Ave Eau Claire, WI 54701

Contact Rachel Bachhuber | 715-861-6175 | rebachhuber@alz.org for more information or register online at <https://act.alz.org>. Resource: *Alz.org*



Katrina
Longmire



Dementia Care Calendar

Sept. 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Information & Resources</u> <u>Free Memory Screens</u> Call Katrina at 715-279-7870 to schedule a screening appointment, or see Katrina at the Durand or Alma Library (see below)			1 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm	2
5 No Events Labor Day	6 <u>Alzheimer's Seminar</u> 3:00pm - 4:30pm Riverview Senior Center Durand	7	8 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30 - 8:30pm	9
12	13 <u>Memory Café</u> Food for Thought Café "Alzheimer's Awareness" 10:00-11:30am Durand Community Library, 604 7th Ave. E, Durand	14 <u>Questions with Katrina</u> Durand Library 9:00 - 11:00am	15 <u>Lunch Bunch</u> Support Group for Caregivers - on Zoom 11:30am - 12:30pm <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30-8:30pm	16
19 <u>Questions with Katrina</u> Alma Library 2:30-4:30pm	20 <u>Morning Crew Memory Café</u> "Alzheimer's Awareness" 10:00—11:30am Central Lutheran Church Mondovi <u>Alzheimer's Seminar</u> 3:00 - 4:30pm Nelson Community Center, Nelson	21	22 <u>Thursday Evening Conversations</u> Virtual Meeting-Zoom 7:30-8:30pm	23
26	27	28 <u>Questions with Katrina</u> Durand Library 9:00 - 11:00am	29	30

Alzheimer's Disease and the ADRC

Join the Dementia Care Specialist Katrina Longmire and

ADRC Manager Cammi Catt-DeWyre

for a presentation on Alzheimer's Disease and how to plan accordingly with ADRC programs and support.

Light refreshments served.

Please RSVP to 866-578-2372 or adrc-bp@co.pepin.wi.us

September 6, 2022 Riverview Senior Center, Durand 3:00pm-4:30pm

September 20, 2022 Nelson Community Center, Nelson 3:00pm-4:30pm

We're here to help!

Check out our weekly Dementia Care posts on our website and Facebook page!

Website: www.adrc-bcp.com

Facebook: www.facebook.com/ADRCBuffaloAndPepinCounties

VOTERS WITH DISABILITIES MAY REQUEST AN ACCOMMODATION TO RETURN THEIR BALLOTS

Submitted by: Lori Miller, Member, League of Women Voters (LMV) - Greater Chippewa Valley



Following the Supreme Court of Wisconsin ruling on *Teigen v. WEC*, Disability Rights Wisconsin (DRW) has received many questions from voters with disabilities who vote absentee. Federal law protects the right of people with disabilities to have assistance mailing their ballot and also to have a person of their choice deliver their ballot to their clerk or polling place. Teigen did not limit or alter federal laws that protect the rights of voters with disabilities, such as the **Voting Rights Act** and the **Americans with Disabilities Act**. In addition, Wisconsin Statute 7.15(14) states that: "Each municipal clerk shall make reasonable efforts to comply with requests for voting accommodations made by individuals with disabilities whenever feasible."

If a voter with a disability needs someone else to mail their ballot, they should feel comfortable doing so. DRW encourages voters to complete and mail their ballot as soon as possible to allow time for mail delivery. (*LWV-GVC recommends mailing your completed absentee ballot to your municipal clerk no later than two weeks before the election.*)

If it is too close to the election to mail your completed ballot and you are not able to deliver your ballot because of disability, you may request a disability-related accommodation to have someone else deliver your completed ballot. **Note that the person returning your ballot cannot be your employer, union rep, or a candidate on the ballot.**

Here is a suggested accommodation process, which DRW has shared with all Wisconsin municipal clerks:

1. Call your municipal clerk, and request a disability-related accommodation to have a person of your choice deliver your ballot. A sample accommodation request is available below and on the DRW website. You can simply read the language on the sample form to the clerk.
- **Find contact information for your local municipal clerk:** <https://myvote.wi.gov/en-us/My-Municipal-Clerk>, or call your County Clerk's office.
- **Sample accommodation request:** Below, or on the DRW website - <https://disabilityrightswi.org/news/process-for-requesting-an-accommodation-for-ballot-return-assistance/>
2. Ask your local municipal clerk for the address where the ballot may be delivered. For example, on election day the ballot may need to be delivered to your polling place.
3. Put your accommodation request in writing. You may use the sample language provided by DRW; be sure to include your name and the name of the person delivering your ballot. Give your delivery person two items to bring to your municipal clerk: your completed ballot (sealed inside the certificate envelope), and your signed accommodation request (DO NOT put the request inside the envelope). If at all possible, keep a copy of the request for your records – you could take a photo with your phone.
4. You can track the status of your absentee ballot online at <https://myvote.wi.gov/en-us/View-My-Absentee-Request>. When your completed ballot has been received by your municipal clerk, the status should change to "received" within 48 hours of receipt.

DRW is the federally mandated protection and advocacy system for the State of Wisconsin charged with protecting the rights of individuals with disabilities and keeping them free from abuse and neglect. Voters with questions or concerns may contact the Disability Rights Wisconsin Voter Hotline at 844-347-8683 or info@disabilityvote.org.

SAMPLE ACCOMMODATION REQUEST LETTER

Date

Dear Election Official:

I am hereby requesting a reasonable accommodation under the Americans with Disabilities Act Title II which requires reasonable accommodation in voting procedures, the Voting Rights Act which provides for assistance to voters with disabilities, and Wisconsin Statute [7.15\(14\)](#) which states that: "Each municipal clerk shall make reasonable efforts to comply with requests for voting accommodations made by individuals with disabilities whenever feasible."

Due to limitations experienced because of my disability, I am unable to deliver my ballot in person. I am requesting that _____ (the person delivering the ballot) be allowed to turn in my ballot on my behalf.

Sincerely,

_____, (voter)

Deadlines for the November 8 election:

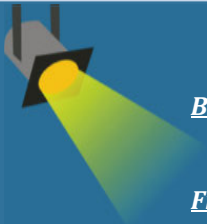
For any of the following in-person deadlines, voters with disabilities who can't get to their clerk's office or the polls should follow the accommodation process described earlier.

Requesting an absentee ballot by mail, online, email, fax: Now through November 4. However, LWV-GCV recommends making your request as early as possible and no later than October 25. Your municipal clerk will mail absentee ballots starting on September 22 to voters who have valid requests on file.

Voting your absentee ballot: In-person at your municipal clerk's office between October 25-November 4; contact your municipal clerk to verify times and dates. Mail: Return your completed ballot as soon as possible, so that your municipal clerk receives your ballot by 8 pm on November 8. Or return your ballot in-person at the polls on election day.

Registering to vote: By mail or online at [MyVote.wi.gov](https://myvote.wi.gov) by October 19, in-person at your clerk's office through November 4, or at the polls on election day. Must include proof of residence. If registering and voting at the same time (in-person at your clerk's office or at the polls on election day), you must bring proof of residence AND an accepted photo ID.

For more information about voting in Wisconsin, please contact your municipal clerk, visit the websites for LWV-GCV (www.lwv-gcv.org) or [MyVote.wi.gov](https://myvote.wi.gov), or call Lori Miller at 715-285-5659.



Specialist Spotlight

Back Row: Jennifer Nelson (left) and Susan Henry (right) -
Information & Assistance Specialists;
Katrina Longmire (center) - Dementia Care Specialist
Front Row: Melissa Hovland (left) - Disability Benefit Specialist;
Bernie Rogers (center) and Julie Fick (right) - Elder Benefit Specialists



Get Ready for the Medicare Annual Open Enrollment Period

By the GWAAR Medicare Outreach Team (For Reprint) and submitted by Bernadette Rogers, Elder Benefit Specialist

The Medicare annual open enrollment period is just around the corner and now is a good time to start thinking about your options. Do you have a Medicare Prescription Drug (Part D) plan? Each year these plans can change the list of prescription medications they will cover. The plans' premiums, deductibles, and co-pays can also change each year. That means even if you are taking the same medications, the amount you pay for your medications may change in 2023!

What can people do about this? Anyone with a Medicare Part D Plan should check their coverage each year during Medicare's annual open enrollment period which runs **October 15th through December 7th**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2023. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries in Buffalo and Pepin counties can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialists at the **ADRC of Buffalo and Pepin counties**.

Don't let this opportunity pass you by! Go to Medicare.gov to find and compare plans online or for local assistance call the **ADRC at 1-866-578-2372**. Assistance is also available through the following resources:

- o 1-800-MEDICARE or www.medicare.gov
- o Medigap helpline 1-800-242-1060
- o Disability Drug Helpline 1-800-926-4862 (if under age 60)
- o Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

Ask a Specialist:

Question: Someone recently told me to watch my mail for a notice about possible changes in my Medicare plan. What is this about?

Do you have a question for one of our specialists? Contact the ADRC, and it may be featured in a future newsletter! See the back page for contact information.

Answer: September is that time of year when you may start receiving notices about changes to your current healthcare and or drug coverage in the upcoming year. These notices typically come out shortly before the Medicare Open Enrollment period (October 15th through December 7th).

If you have a **Medicare Advantage plan** or a **Part D prescription plan**, you will be sent an **Annual Notice of Change (ANOC)** which will list any changes that your current plan will make in the upcoming year. It is important that you read and keep these notices to be aware of changes that could have an impact on your healthcare or drug plan in 2023. The Open Enrollment period is the perfect time to review your options regarding coverage, cost, and customer service of plans available to you! If you would like assistance reviewing your options, please call the ADRC of Buffalo and Pepin Counties at 1-866-578-2372.

Autumn Word Merge

A new spin on a familiar word game. Letters to the words in each line are merged together, but in the correct order. Capitalized letters are the first letter of the words.

Pppie A _ _ l _ _ _ e
 oLoanv c _ l _ _ e d _ e _ _ e s
 Cranz _ o _ _ _ M _ _ e
 FGoblale _ o _ t _ a _ _ _ m _ s
 Lakevs R _ _ _ _ e _ _ e
 Puaktion _ _ m p _ _ _ P _ _ _ h
 CNlint _ h i _ l _ _ _ g h _ s
 Frirst F _ _ s _ _ _ o _ t
 AOpread _ _ p l _ _ _ c h _ r _

Answers on Page 10

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(715) 672-8300

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715-672-4049 | hulburts-haven@hotmail.com



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My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:
mychoicewi.org/LPI
1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

LPI CALL 800.950.9952


DONNA MAE'S PANTHER CAFÉ

GILMANTON: MONDAY-FRIDAY (11:00AM-12:00PM) 715-946-3139

NELSON: MONDAY-THURSDAY (11:00AM-12:00PM) 715-673-4070

PEPIN: MONDAY- FRIDAY HOME DELIVERED AND CARRY OUT ONLY (11:00AM-12:00PM) 715-442-2289

*September
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Dates</u> <u>Salad Option</u> 1st - 2nd Taco 5th - 9th Chef 12th - 16th Grilled Chicken 19th - 23rd Crispy Chicken 26th - 30th Taco	<u>Served with each meal: Milk</u>		1 Spaghetti w/Meat Sauce, Lettuce Salad, Garlic Bread, Applesauce, Cake	2 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
5 CLOSED 	6 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	7 Hot Beef, Mashed Potatoes, Broccoli, Banana, Cake	8 Cheeseburger, Baby Red Potatoes, Italian Salad, Carrots, Fruit Cocktail, Cake	9 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake
12 Ham Steak, Cheesy Potatoes, Carrots, Bread, Peaches, Cake	13 Charcoal Chicken, Baked Potato, Tuna Salad, Corn, Bread, Mandarin Oranges, Cake	14 Pork Loin, Mashed Potatoes w/ Gravy, Broccoli, Bread, Pears, Cake	15 Chicken Alfredo w/Noodles, Tomatoes, Bread, Fruit Salad, Pineapple, Cake	16 Cod, Baked Potato, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>
19 Hamburger w/ Mushrooms & Onions, Baked Fries, Carrots, Bread, Applesauce, Cake	20 Broasted Chicken, Mashed Potatoes, Corn, Bread, Tropical Fruit, Cake	21 Tator Tot Hotdish w/Peas & Corn, Carrots, Bread, Pears, Cake	22 Hot Ham & Cheese, Baby Red Potatoes, Broccoli, Fruit Cocktail, Cake	23 Cod, Potato Salad, Beans, Coleslaw, Bread, Cake
26 Country Fried Steak, Mashed Potatoes, Carrots, Bread, Peaches, Cake	27 Creamed Chicken w/Biscuits, Peas, Fruit Salad, Mandarin Oranges, Cake	28 Chili w/Stewed Tomatoes, Cold Cut Sandwich, Banana, Strawberry Dessert	29 Scallop Potatoes w/Ham, Broccoli Salad, Bread, Pineapple, Cake	30 Cod, Mashed Potatoes, Beans, Coleslaw, Bread, Cake <i>Pepin HDM: Chicken instead of Cod</i>



Final Affairs

A Guide to Arranging Your
Personal and Legal Affairs

EVENT AGENDA

10:00am – 10:30am: Welcome / Sign In
10:30am – 11:15am: ADRC 101
11:15am - 12:00am: Preparing and Organizing Important Papers For the Future
12:00pm – 12:30pm: Light Lunch
12:30pm – 1:30pm: Funeral Planning
1:30pm – 1:45pm: Break
1:45pm – 3:15pm: Legal Affairs
3:15pm – 3:30pm: Survey / Conclusion

Wednesday September 28, 2022
Pepin Village Hall, 508 2nd Street - Pepin, WI
10:00am to 3:30pm

***Option to attend Virtually or In-Person**
***Light lunch and refreshments served at noon.**

PROGRAM BENEFITS

- Obtain **knowledge** of end-of-life issues.
- Learn **communication skills** to use with family members and health care providers.
- Obtain valuable information and **practical advice** from local professionals.
- **Clarify misconceptions** surrounding end-of-life.
- Connect with **community resources**.

REGISTRATION

This is a no-cost event, but reservations are required as space is limited. Please call or email the Aging and Disability Resource Center of Buffalo and Pepin Counties to sign up for this beneficial event by:

Friday, September 16th.

Contact **1-866-578-2372** OR **adrc-bp@co.pepin.wi.us** to register!

Stepping On

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Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you will learn:

- ♦ To identify and remove or avoid fall hazards both inside and outside your home.
- ♦ How vision, hearing, medication, and footwear affect your risk of falling.
- ♦ Strength and balance exercises that you can adapt to your individual level.
- ♦ To get back on your feet the right way if you do fall.

We are currently in the process of planning an in-person workshop for fall 2022 in Pepin or Buffalo County. Date, time, and location will be determined based on interest. Please call 866-578-2372 or email adrc-bp@co.pepin.wi.us to sign-up or learn more about this evidenced-based workshop.

This is a FREE workshop sponsored by the Aging and Disability Resource Center of Buffalo and Pepin Counties.

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Pepin County Human Services - Aging Unit, Durand, WI

B 4C 02-1035

CORRAL BAR & RIVERSIDE GRILL

DURAND: TUESDAY– FRIDAY (11:30AM-1:00PM) 715-672-8936

*September
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Served with each meal: Milk			1 Sub Sandwich (Ham, Turkey, Cheddar Cheese), Split Pea Soup, Baby Carrots w/Ranch, Grapes	2 Tuna Noodle Casserole, CA Blend Vegetables, Garden Salad w/Ranch, Whole Grain Muffin, Mandarin Oranges
	6 Salisbury Steak, Mashed Potatoes w/ Gravy, Baked Beans, Wheat Bread, Banana	7 Creamed Chicken, Biscuit, Tomato Juice, Creamy Cucumbers, Pears	8 Swedish Meatballs w/Gravy, Mashed Potatoes, Broccoli, Wheat Bread, Peaches	9 Chicken Salad on Croissant, Potato Salad, Sliced Tomatoes, Cantaloupe
Call previous day by 1:00pm to order lunch.	13 Baked Meatloaf, Au Gratin Potatoes, Tomato Juice, Wheat Bread, Tropical Fruit	14 Egg Salad on Croissant, Red Potatoes, Cauliflower w/Cheese Sauce, Peaches, Dessert	15 Cheeseburger on Kaiser Roll, Baked Beans, Garden Salad w/ Ranch, Grapes	16 Baked Ham, Baked Potato w/Sour Cream, Carrots, Wheat Bread, Applesauce
Salad Options: Chef Salad Chicken Fiesta Seafood Salad Taco Salad	20 Beef Roast, Mashed Potatoes w/ Gravy, Harvard Beets, Wheat Bread, Pears	21 Tater Tot Hot Dish, Garden Salad w/ French, Wheat Bread, Watermelon	22 Ham & Cheese on Kaiser Roll, Marinated Vegetable Salad, Baby Carrots w/ Ranch, Apple	23 Tuna Salad on Croissant, Bean Soup, Coleslaw, Fruit Cocktail
	27 Roast Turkey, Mashed Potatoes, Glazed Carrots, Wheat Bread, Applesauce	28 Brat w/Sauerkraut, Broccoli Salad, Potato Salad, Mandarin Oranges	29 Barbecue on Kaiser Roll, Baked Beans, Spring Salad, Strawberries, Dessert	30 Broasted Cod w/ Tartar Sauce, Baked Potato w/Sour Cream, Tomato Juice, Wheat Bread, Cantaloupe

Pepin County Council of Senior Citizens met July 26, 2022 at Riverview Community Center. Membership to date includes 85 members. Our doors are open to anyone else wanting to participate.

Discussion was held regarding the Coalition of Wisconsin Aging and Health Group and their work to improve the education of seniors and their benefits. The Council made a decision to obtain membership in this group.

Darrell Hinrichs refurbished the floor at the Center. We were more than pleased with the results and the care that he took with moving all our tables and other items around during the process.

We will be participating in the Small-Town Thrift sale event held on September 15th and 16th and donations (other than furniture and clothing) are being accepted during office hours of 10:00am-2:00pm. Look through your Fall and Christmas gently used decorations for donation. We appreciate your support in all fund-raising efforts.

Our Open House was also held after the meeting, with about 40 of our members and/or guests. Lois and Chuck Laehn were host/hostess and kitchen staff served hot dogs, barbeques, beans, chips, cookies, muffins with a beverage of coffee or water. It was nice to see the tables filled with friends, and many stayed to visit.

We have lost three long time members of the Council these past weeks, and we send our condolences to the families of Irene Schuh, Denise Weiss and Linda Knapp. All of these women were active in the organization and we will miss their presence.

Our Annual Christmas Bazaar will be held Saturday, December 3rd. Please donate your craft items.

Rental space is available for the upcoming holiday events. Call to reserve your space and time. Our center offers space, equipped kitchen, handicapped parking and facilities at very reasonable rates. *Marge Briggs*



DONATION DESIGNATION FORM

I want to help the Aging & Disability Resource Center of Buffalo and Pepin Counties continue its effective community service to individuals with disabilities and older adults and their families. Please designate this donation:

In Memory of: _____ or In Honor of: _____

I want my donation to go to the following program(s):

- | | | |
|--|--|--|
| <input type="checkbox"/> Information & Assistance | <input type="checkbox"/> Elderly & Adults at Risk of Abuse | <input type="checkbox"/> Caregiver Support Program |
| <input type="checkbox"/> Disability Benefit Specialist | <input type="checkbox"/> Support Groups | <input type="checkbox"/> Two Rivers Connection |
| <input type="checkbox"/> Home Delivered Meals | <input type="checkbox"/> Elder Benefit Specialist | <input type="checkbox"/> Transportation Services |
| <input type="checkbox"/> Senior Dining Services | <input type="checkbox"/> Dementia Services | |

My donation is for:

_____ **Pepin County** _____ **Buffalo County**

It is ok to acknowledge my donation in the *Two Rivers Connection* Newsletter: Yes No

Please send receipt to -

Name & Address: _____

Please make checks payable to: ADRC, 740 7th Ave. W, PO Box 39, Durand, WI 54736

Your gift is deductible to the extent provided by law.

 <p>Vicky Peterson Representing Johnson Monument Co.</p> <div style="border: 1px solid gray; padding: 10px; text-align: center; margin-top: 10px;"> <p><i>Sometimes... The best gift to your loved ones is the gift of planning ahead</i></p> <p>For personal assistance in creating a cemetery memorial for you or a loved one, call me today.</p> <p>715.495.8798</p> </div>	<h3 style="text-align: center; color: white; background-color: #0056b3; padding: 5px;">Concerned about Medicare fraud? Give us a call...</h3> <p>PROTECT your personal information</p> <p>DETECT suspected fraud, abuse, or errors</p> <p>REPORT suspicious claims or activities</p> <div style="border: 1px solid #0056b3; padding: 10px; text-align: center; margin-top: 10px;"> <p>Toll-free Helpline: 888-818-2611 www.smpwi.org</p> <p> WisconsinSeniorMedicarePatrol</p> </div>  <p style="text-align: center;">Preventing Medicare Fraud</p> <p style="font-size: small;">This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.</p>
 <p style="text-align: center;">800-395-300 WWW.MARTEN.COM</p>	<p style="text-align: center; background-color: #ffcc00; padding: 5px;">DAILY BREAKFAST, LUNCH & DINNER SPECIALS</p>  <p style="text-align: center;">Friday Fish Fry (Broasted Cod) Saturday - Prime Rib/Steaks Sundays - Broasted Chicken</p> <p style="text-align: center; background-color: #ff0000; color: white; padding: 2px;">OPEN DAILY 6 AM</p> <p style="text-align: center;">318 W. Main • Durand, WI • 672-8874</p>
 <p style="text-align: center; color: #0056b3;">HEIKE PHARMACY</p> <p style="text-align: center; color: #0056b3;"><i>Fast, Friendly, Reliable Service</i></p> <p style="text-align: center; background-color: #0056b3; color: white; padding: 5px;">Phone 715-672-5202</p>	 <p style="text-align: center;">Goodrich Funeral Home</p> <p style="text-align: center;">118 East Madison Street Durand, WI 54736</p> <p style="text-align: center; background-color: #008000; color: white; padding: 5px;">715-672-5115</p> <p style="text-align: center;">www.goodrichfh.com</p> <ul style="list-style-type: none"> Traditional Cremation Guaranteed Pre-Planning
 <p style="text-align: center;">NUM3RS R US Common Cents Bookkeeping & More</p> <p style="text-align: center;">Offering Daily Money Management Services</p> <ul style="list-style-type: none"> ✓ Bill payment & mail management services ✓ Bank Reconciliation ✓ Expense & Budget Tacking ✓ Tax Organization ✓ Other Services Per Client Requests <p style="text-align: center; font-size: small;">Rhonda Sweeney, Accountant & Daily Money Manager Contact us at 715-672-8093 or Rhonda@numb3rsrus.com</p>	 <p style="text-align: center;">St. Vincent de Paul THRIFT STORE</p> <p style="text-align: center; font-size: small;">Sun & Mon: CLOSED, Tue - Fri: 10am - 5pm • Saturday: 10am - 4pm 825 E Prospect St, Durand, WI Store Line: 715-672-8975 Help Line: 715-672-8617</p>



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Pepin County Human Services - Aging Unit, Durand, WI

C 4C 02-1035

THE LOST PIRATE

BUFFALO CITY: MONDAY-THURSDAY (11:45AM-12:15PM) 608-248-2683

*September
2022*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Alfredo, Garlic Toast, Side Salad, Fruit	Served with each meal: 1% Milk Whole Wheat Bread
5 CLOSED 	6 Beef Stroganoff, Mashed Sweet Potato, Corn, Fruit	7 Chicken & Gravy over Mashed Potato, Mixed Vegetables, Fruit	8 Spaghetti w/Garlic Toast, Corn, Side Salad, Fruit	
12 Lemon Baked Fish, Baked Potato, Coleslaw, Fruit	13 Pork Chops, Baby Red Potatoes, Broccoli, V8 Juice	14 Philly Cheese Steak, Sweet Potato Puffs, Cucumber Salad, Fruit	15 Chicken Patty Sandwich w/Cheese, Vegetable Soup, Fruit	Call previous day by 1:00pm to order lunch.
19 Meatloaf, Mashed Potatoes w/ Gravy, Carrots, Fruit	20 Creamed Chicken over Biscuit, Mixed Vegetables, Fruit	21 Cheeseburger, Potato Salad, Coleslaw, Fruit	22 Baked Fish, Baked Potato, Side Salad, Fruit	Salad Options: Taco Ham Chicken
26 Chicken Stir Fry w/Rice, Cucumber Salad, Fruit	27 Polish Sausage, Baked Potato, Broccoli, Baked Beans, Fruit	28 Barbeque Pork Sandwich, French Fries, Mixed Vegetables, Fruit	29 Baked Chicken, Mashed Sweet Potatoes, Baked Beans, Fruit	

Buffalo City Home Delivered Meal Route Driver Volunteers Needed!

We are recruiting for 1-2 volunteers to deliver home-delivered meals for the Buffalo City senior meal site.

- ♦ The route takes about 2 hours to complete.
- ♦ The meal route is Monday – Thursday, but we split the days between drivers. Volunteering 1 day a week would make a huge difference!
- ♦ A good driving record and a clean background check are required.
- ♦ Training is provided.
- ♦ Mileage reimbursement and a free meal are provided.

Interested individuals can call the ADRC at 866-578-2372 for more information.

**VOLUNTEER
DRIVERS NEEDED
CAN YOU HELP?**

Riverview Helping Hands

Riverview Helping Hands invites you to join Skull Cap making on the **second Tuesday of each month, from 12:30pm to 2:00pm**. The group has shipped out 24,019 skull caps through the month of August. *Nice job ladies!*

With some of the different yarn they receive, they are also making lap quilts for Veterans!

Please donate any yarn you may have to Riverview Helping Hands. Call Joyce at 715-495-0268 or drop off at the Riverview Senior Center.




AUTUMN WORD MERGE

Apple Pie, Colored Leaves,
Corn Maze, Football Games,
Rake Leaves, Pumpkin Patch,
Chilly Nights, First Frost,
Apple Orchard

AMERICAN LUTHERAN HOME

MONDOVI: HOME DELIVERED & CARRYOUT MEALS ONLY (M-TH) 715-926-4962

September
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Ham & Cheese on Bun, Potato Salad, Broccoli Slaw, Pears	Served with each meal: Milk
5 CLOSED 	6 Homemade Chili, Crackers, Cascade Blend Veggies, Peaches & Cream Fluff, Peaches	7 Pork Loin w/Glaze, Baked Potatoes, Broccoli w/Cheese, Bread, Blueberry Cobbler	8 Fish, Balsamic Tomato Salad, Roasted Ranch Red Potatoes, Whole Wheat Dinner Roll, Berry Cup	
12 Barbeque Pork on Bun, Baked Beans, Sunshine Carrots, Bread, Peaches	13 Hamburger Steak w/Gravy over Mashed Potatoes, Cream Corn, Bread, Mandarin Oranges	14 Cheesy Tortellini w/Meat Sauce, Broccoli, Bread, Honeydew Melon	15 Turkey, Stuffing, Green Beans, Salad w/Dressing, Whole Wheat Dinner Roll, Pumpkin Pie	Call previous day by 1:00pm to order lunch.
19 Brat Patty on Bun, Baked Beans, Coleslaw, Watermelon	20 Lasagna Roll Ups, Peas, Salad w/Dressing, Bread, Fruit Cup	21 Ham, Sweet Potatoes, Broccoli, Bread, Strawberry Shortcake, Strawberries	22 Caprese Chicken over Garlic & Basil Pasta, Beets, Tomato Salad, Pineapple	Salad Options: Taco Chef (Turkey, Ham) Chicken Tender
26 Brat on Bun, Potato Wedges, Baked Beans, Strawberry Applesauce	27 Roast Beef w/Gravy, Sweet Potatoes, Peas, Whole Wheat Dinner Roll, Fruit Pie	28 Breaded Fish, Mac N Cheese, Honey Dill Carrots, Salad w/Dressing, Melon	29 Ham & Cheese on Bun, Potato Salad, Broccoli Slaw, Pears	

Did you know...

- ♦ The first celebrated US Labor Day was on Tuesday, September 5, 1882 in New York City, planned by the Central Labor Union. Ten thousand workers marched from City Hall, all the way to 42nd Street, and then met with their families in Wendel's Elm Park for a picnic, concert, and speeches.
- ♦ Grover Cleveland helped make Labor Day a national holiday.
- ♦ Labor Day came about because workers felt they were spending too many hours and days on the job. In the 1830s, manufacturing workers were putting in 70-hour weeks on average. Sixty years later, in 1890, hours of work had dropped, although the average manufacturing worker still toiled in a factory 60 hours a week.

Nail Care Clinics!



Clinics will be held in Durand and Pepin each month.

Call Ruth Potter to schedule your appointment at 715-308-1334.



Thank you from the
Riverview Community Center!

Donations:

Floyd & Marge Briggs
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Charlotte Byington
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Memorials:

Mary Kauffman, for Ken Kartman

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COMMUNITY CONTACTS

ADRC of Buffalo & Pepin Counties: 1-866-578-2372 or adrc-bp@co.pepin.wi.us

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